

Fitbit FB424BKBK-FRCJK

Fitbit Inspire 3 Health and Fitness Tracker User Manual

Model: Inspire 3 (FB424BKBK-FRCJK)

INTRODUCTION

The Fitbit Inspire 3 is a health and fitness tracker designed to monitor various aspects of your well-being, including activity, stress, and sleep. This manual provides instructions for setting up, operating, maintaining, and troubleshooting your device.



Image: Fitbit Inspire 3 device with a black band, showing the time (12:58) and heart rate (73 bpm) on its display.

SETUP

1. Unboxing and Initial Charge

Upon opening the package, you will find the Inspire 3 device, two bands (small and large), and a charging cable. Before first use, fully charge your device. Connect the charging cable to a USB power source and attach the magnetic end to the back of your Inspire 3. A full charge typically provides up to 10 days of battery life.



Image: Contents of the Fitbit Inspire 3 box, including the tracker, two different sized bands, and the USB charging cable.

2. Attaching the Bands

Select the band size that best fits your wrist. To attach a band, slide the pin into the small hole on the tracker, then push the other end of the pin inward and slide it into the opposite hole. Ensure both ends are securely fastened.

3. Installing the Fitbit App and Pairing

1. Download the Fitbit app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Open the Fitbit app and follow the on-screen instructions to create an account or log in to an existing one.
3. Tap your profile picture > **Set Up a Device**.
4. Select Inspire 3 and follow the prompts to pair your tracker with your mobile device. Ensure Bluetooth is enabled on your phone.

OPERATING YOUR INSPIRE 3

Basic Navigation

The Inspire 3 features a color touchscreen. Swipe up, down, left, or right to navigate through menus and statistics. Press the side buttons to return to the clock face or access quick settings.

Activity Tracking

Your Inspire 3 continuously tracks your daily activity, including steps, distance, calories burned, and Active Zone Minutes. It also monitors your heart rate 24/7. The device can automatically recognize and track various exercises. You can set reminders to move within the Fitbit app.

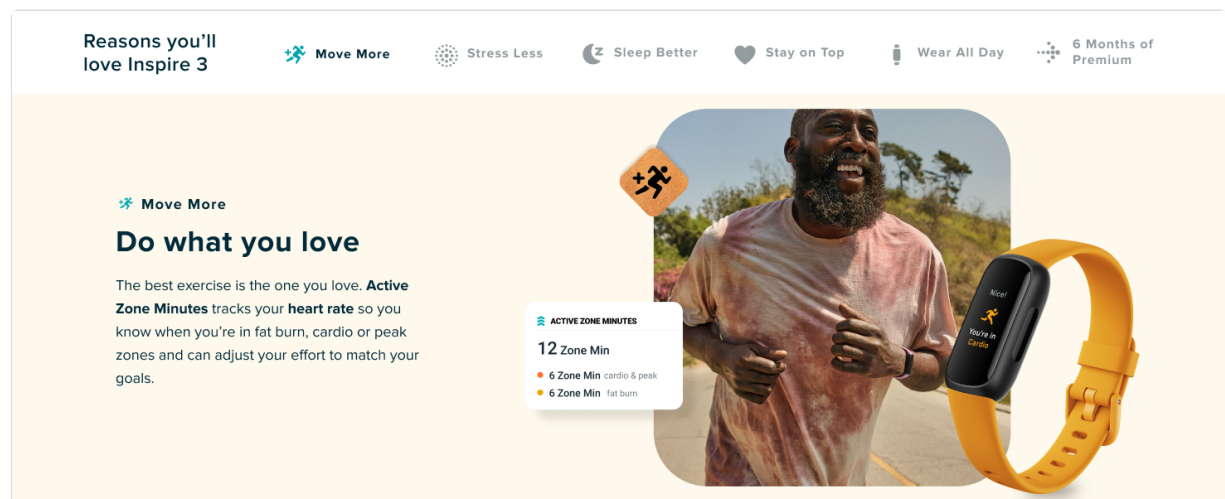


Image: Visual representation of activity tracking features, including all-day activity, Active Zone Minutes, and Daily Readiness Score.

Health Monitoring

- **Stress Management Score:** Provides insights into your body's physical stress response.
- **Mindfulness Sessions:** Access guided breathing and mindfulness exercises through the Fitbit app.
- **Irregular Heart Rhythm Notifications:** Monitors for signs of irregular heart rhythms. Consult a healthcare professional if you receive such notifications.
- **SpO2 (Blood Oxygen):** Tracks your blood oxygen saturation levels.
- **Skin Temperature:** Monitors variations in your skin temperature.
- **Menstrual Health Tracking:** Log periods, track ovulation, and estimate fertile windows in the Fitbit app.
- **Resting Heart Rate & High/Low Heart Rate Notifications:** Provides alerts if your heart rate is outside your typical range.

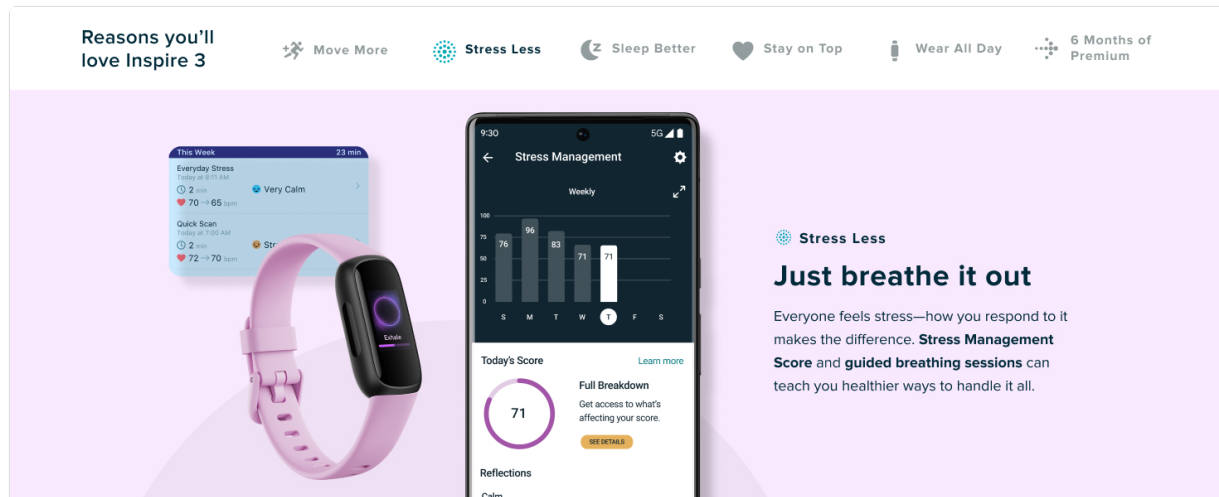


Image: Display of stress management features, including Stress Management Score, Mindfulness Sessions, and Reflections.

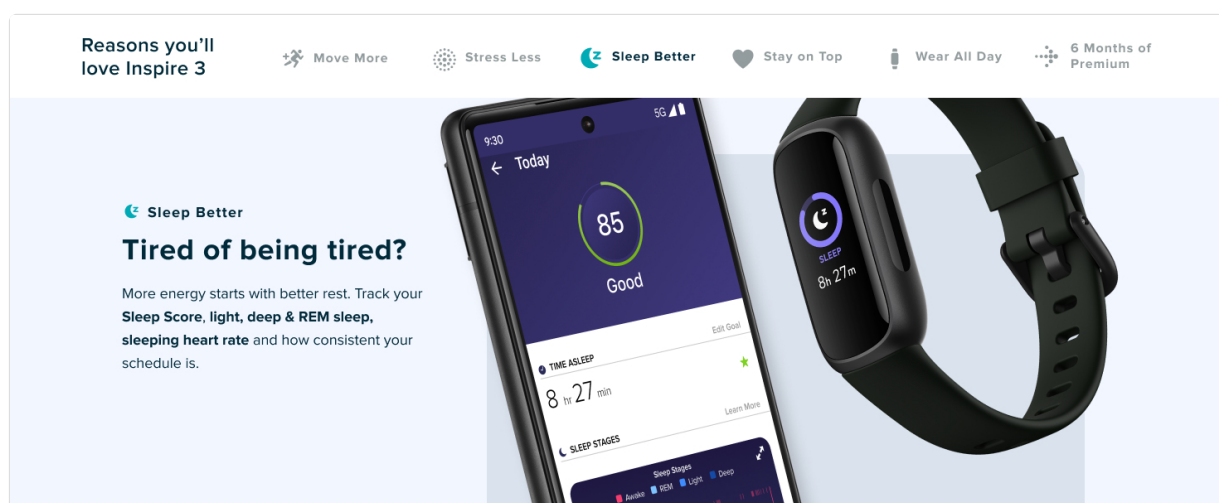


Image: Screenshot of the Fitbit app showing health metrics like Resting Heart Rate, SpO2, and Skin Temperature.

Sleep Tracking

The Inspire 3 automatically tracks your sleep, providing a detailed Sleep Score, sleep stages (light, deep, REM), and consistency of your sleep schedule. The Smart Wake feature uses a silent vibrating alarm to wake you during an optimal sleep stage.

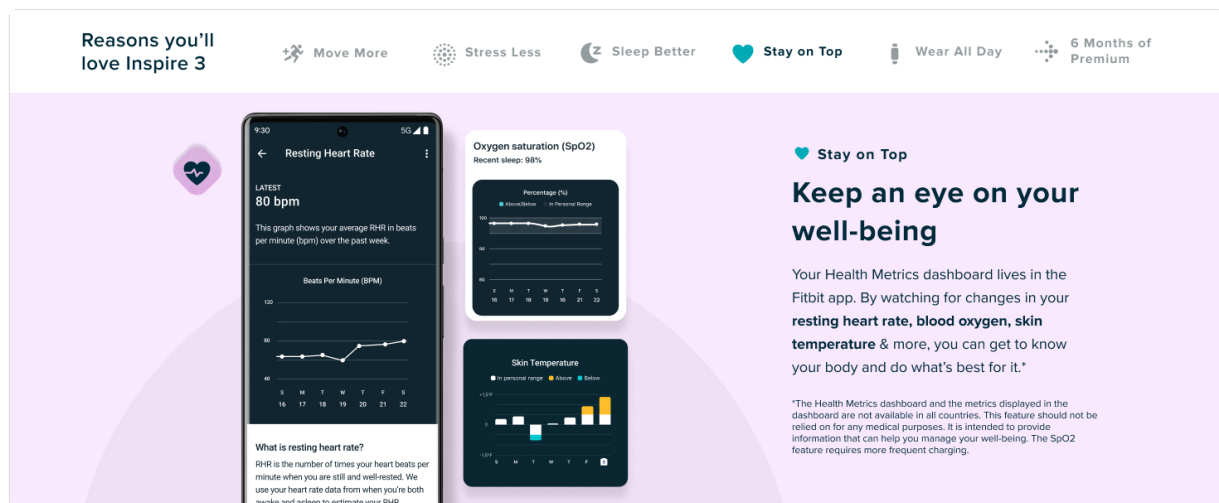


Image: Overview of sleep tracking features, including Smart Wake, Sleep Tracking & Sleep Score, and Sleep Profile.

Notifications

When your phone is nearby, the Inspire 3 can display notifications for calls, texts, and other smartphone apps. Manage these settings within the Fitbit app.

Water Resistance

The Inspire 3 is water resistant up to 50 meters, making it suitable for swimming and showering. After exposure to water, dry the device and band thoroughly.

Fitbit Premium

The Inspire 3 includes a 6-month Fitbit Premium membership for new users. This provides access to advanced insights, personalized guidance, exclusive workouts, and mindfulness sessions. Activation is required within 60 days of device activation, and a valid payment method is needed. Cancel before the trial ends to avoid subscription fees.

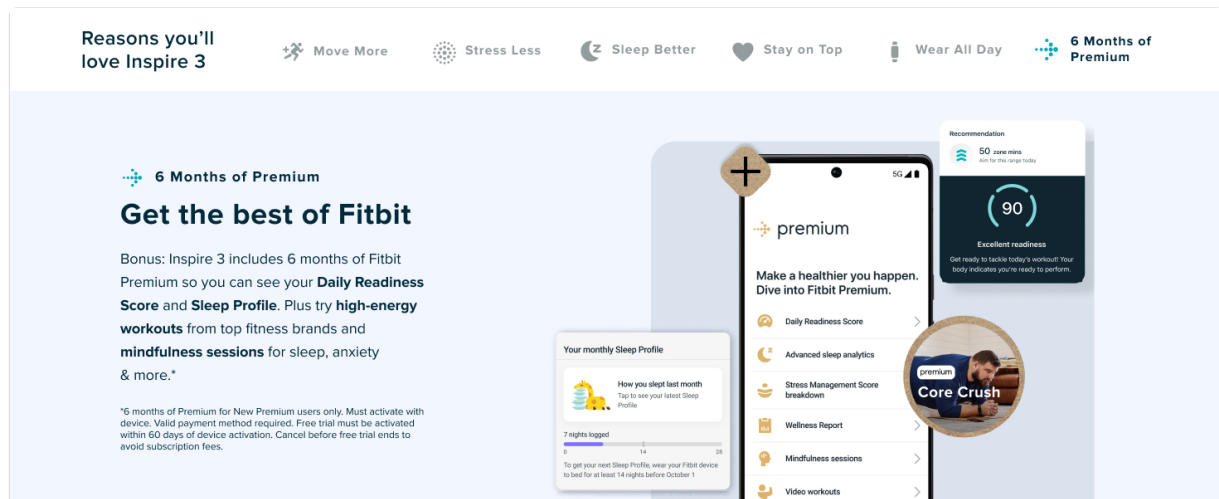


Image: Screenshot of the Fitbit Premium section within the app, highlighting advanced sleep analytics, wellness reports, and guided sessions.

MAINTENANCE

Cleaning Your Device

Regularly clean your Inspire 3 and its band to prevent skin irritation and maintain device functionality. Use a soft, lint-free cloth dampened with water. Avoid harsh soaps or abrasive cleaners. Ensure the device is completely dry

before wearing it again.

Charging

Charge your Inspire 3 when the battery indicator is low. Use the provided charging cable and connect it to a USB power source. Charging typically takes 1-2 hours for a full charge.

Software Updates

Periodically check for software updates through the Fitbit app. Updates provide new features, bug fixes, and performance improvements. Ensure your device is charged before initiating an update.

TROUBLESHOOTING

- **Device Not Syncing:** Ensure Bluetooth is enabled on your phone and the Inspire 3 is within range. Restart both your phone and the tracker. Check if the Fitbit app is up to date.
- **Inaccurate Heart Rate/Activity:** Ensure the tracker is worn snugly but comfortably on your wrist, about a finger's width above your wrist bone. Clean the sensor on the back of the device.
- **Battery Draining Quickly:** Reduce notification frequency, turn off always-on display (if applicable), and ensure background app refresh is optimized.
- **Screen Unresponsive:** Try restarting the device by connecting it to the charger and pressing the button on the charging cable three times within eight seconds, pausing for one second between presses.

For further assistance, refer to the Fitbit support website or contact customer service.

SPECIFICATIONS







Model Number	FB424BKBK-FRCJK
Dimensions	14.96 x 0.19 x 1.17 cm
Weight	17.69 g (device only)
Material	Silicone (band)
Battery Life	Up to 10 days
Water Resistance	Up to 50 meters
Screen Size	0.74 Inches
Sensor Type	Optical Heart Rate Sensor
Compatible Devices	Smartphones (iOS and Android), Tablets, Laptops

WARRANTY AND SUPPORT

For information regarding your product's warranty, please refer to the official Fitbit website or the documentation included with your purchase. For technical support, troubleshooting guides, and frequently asked questions, visit the Fitbit Help Center online.

Important: Actual product packaging and materials may contain more and different information than what is presented here. Always read labels, warnings, and directions before using or consuming a product.

Related Documents - FB424BKBK-FRCJK

 <p>fitbit inspire 3</p> <p>User Manual Version 1.0</p>	<p>Fitbit Inspire 3 User Manual - Get Started and Features</p> <p>Comprehensive user manual for the Fitbit Inspire 3, covering setup, usage, features like activity tracking, sleep monitoring, stress management, and advanced health metrics. Learn how to wear, charge, and navigate your Inspire 3.</p>
 <p>fitbit charge 5</p> <p>User Manual Version 1.0</p>	<p>Fitbit Charge 5 User Manual - Setup, Features, and Troubleshooting</p> <p>Explore the Fitbit Charge 5 User Manual for detailed guidance on setup, features, and troubleshooting. Learn about health tracking, GPS, stress management, sleep monitoring, and Fitbit Pay for this advanced fitness tracker.</p>
 <p>fitbit sense</p> <p>User Manual Version 1.13</p>	<p>Fitbit Sense User Manual: Your Guide to Advanced Health Tracking</p> <p>Explore the Fitbit Sense user manual for comprehensive instructions on setting up, wearing, and utilizing your advanced smartwatch. Learn about heart health, stress management, skin temperature trends, and more.</p>
 <p>fitbit charge 5</p> <p>User Manual Version 1.0</p>	<p>Fitbit Charge 5 User Manual: Get Started and Features</p> <p>Comprehensive user manual for the Fitbit Charge 5, covering setup, usage, features, troubleshooting, and specifications. Learn how to track activity, manage notifications, use Fitbit Pay, and more.</p>
 <p>fitbit sense 2</p> <p>User Manual Version 2.0</p>	<p>Fitbit Sense 2 User Manual: Your Guide to Stress Management and Health</p> <p>Explore the Fitbit Sense 2 User Manual to learn how to manage stress, improve sleep, and live a healthier life. This guide covers setup, features, and troubleshooting for your Fitbit Sense 2.</p>
 <p>fitbit inspire HR</p> <p>User Manual Version 2.1</p>	<p>Fitbit Inspire HR User Manual: Setup, Features, and Troubleshooting</p> <p>Comprehensive user manual for the Fitbit Inspire HR fitness tracker. Learn how to set up, wear, use features like heart rate monitoring, activity tracking, notifications, and find troubleshooting tips.</p>

The Good Guys Concierge and Fitbit Australia Pty Ltd

Try, Review, Keep Program
Terms & Conditions

1. The Good Guys Concierge and Fitbit Australia Pty Ltd Try, Review, Keep ("Program") is conducted by The Good Guys (Structure Warehouse) Pty Ltd (G/G) 600-600-600 or 60 City Road, Southbank VIC 3006 (The Good Guys).
2. Participation in the Program is deemed an acceptance of these Terms and Conditions.
3. Participation in the Program is only open to The Good Guys Concierge Members who are residents in Australia and aged 18 years and over. Employees (and their immediate families) of The Good Guys and Fitbit Australia Pty Ltd and employees of companies of Fitbit Australia Pty Ltd products are ineligible to apply. Companies of Fitbit Australia Pty Ltd products are defined as any company that sells or manufactures products in the same industry or product categories as Fitbit Australia Pty Ltd and/or The Good Guys.
4. Applications open on 01/10/2022 and close 15/10/2022 at 00:00:00 ("Application Period").
5. To apply, Concierge members must visit [www.thegoodguys.com.au/online/memberships](https://goodguys.com.au/online/memberships) and complete the application form during the Application Period. Applicants must provide information about themselves, what they like the most about the product and why the product feature would benefit them the most. Applicants must also agree to submit a short written and video review if selected as a participant in the Program.
6. Participants must be available to submit their review between October and November 2022.
7. The Good Guys will select some 25 applications in total to become participants in the Program. The Good Guys' decision is final, and no correspondence will be entered into.
8. The Good Guys will review all applications for suitability for participation in the Program.
9. Incomplete, inappropriate or illegal applications will be deemed invalid.
10. The Good Guys reserves the right, at any time, to verify the validity of applications and applicants (including an applicant's identity, age and employment) and reserves the right, in its sole discretion, to disqualify any individual who The Good Guys has reason to believe has breached any of these Terms and Conditions, engaged with its application process or engaged in any unlawful or other improper conduct. The Good Guys' decisions will be made in their sole discretion and no correspondence will be entered into. Grievous and malicious may be accepted at The Good Guys' sole discretion. Failure by The Good Guys to enforce any of its rights or any image does not constitute a waiver of those rights. The Good Guys' legal rights to recover damages or other compensation from such an offender are reserved.
11. Only one (1) application permitted per Concierge member.
12. Each selected participant will be provided with a Fitbit Versa 4 FB5259AG-FRCJK or Fitbit Sense 2 FB5259WT-FRCJK or Fitbit Inspire 3 FB5259WT-FRCJK to complete the review.
13. Each selected participant agrees to participate in the Program in consideration of money of Fitbit Versa 4 FB5259AG-FRCJK or Fitbit Sense 2 FB5259WT-FRCJK or Fitbit Inspire 3 FB5259WT-FRCJK allocated to them. During the Program, participants must use the product in accordance with the instruction manual in an ordinary domestic manner.

[pdf] User Manual

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